HEARTWISE WEBINAR SERIES

THE COVID-19 SERIES

ESTHER DOUCETTE, MSW
Social Worker, University of Ottawa Heart Institute

KATHLEEN TURNER, RD
Registered Dietitian, University of Ottawa Heart Institute

JENNIFER HARRIS, BSCPT
Manager, CVD Prevention and Rehabilitation Outreach Programs, University of Ottawa Heart Institute

WELCOME

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HEARTWISE WEBINAR SERIES: THE COVID-19 SERIES

TAKE CONTROL OF WHAT YOU CAN
CONNECT WITH OTHERS, VIRTUALLY

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HEARTWISE WEBINAR SERIES: THE COVID-19 SERIES

PRACTICE DEEP BREATHING & MINDFULNESS
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AVOID OVEREXPOSURE TO NEWS AND OTHER EMOTIONAL TRIGGERS
BEWARE OF QUICK FIXES
HOW YOU EAT IS AS IMPORTANT AS WHAT YOU EAT
HEARTWISE WEBINAR SERIES: THE COVID-19 SERIES

COOK AT HOME MORE OFTEN
ESTABLISH A ROUTINE

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GET YOUR HEART PUMPING EVERYDAY
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SIT LESS

MOVE MORE
HEARTWISE WEBINAR SERIES

THE COVID-19 SERIES

QUESTIONS?

All sessions will be recorded and available on our Prevention and Wellness Centre (PWC) website.

PWC.OTTAWAHEART.CA

Please email pwc@ottawaheart.ca if you have any questions or ideas for additional topics.

THANK YOU FOR JOINING!